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www.calguard.ca.gov/cprbts

Commander's Corner

Heat Safety

We are all anxious to put the heavy rains behind us and enjoy the beautiful sunshine. But summer heat is quickly approaching. To help you prevent heat injuries while on duty or at home, this month's newsletter includes a Guide to Risk Management of Heat Casualties. Risk Management is the Army's risk-reduction process to protect the force. Commanders use the five-step process to identify, evaluate, and control hazards. Families can also use the guide to better manage heat hazards this summer:

Step 1 -- Identify Hazards. The major heat hazards at Camp Roberts are hot weather, level of activity, degree of individual acclimatization, and time of exposure.

Step 2 -- Assess Hazards. Camp Roberts uses the guide's Heat Injury Risk Management Matrix when assessing the risk of heat injuries. Range Control monitors Wet Bulb Globe Temperature (WBGT) readings, and transmits them hourly over their radio net and at phone extension 68867 when the ambient temperature reaches 75 degrees Fahrenheit or above.

Step 3 -- Develop Controls. Once the heat risk conditions have been identified and assessed, the next step is to develop controls to

moderate those risks. I again recommend using the enclosed guide to determine the best controls. Camp Roberts will work with unit commanders in adjusting training schedules to reduce the danger from individual risk factors (e.g., sleep deprivation) as well as more heat specific risks such as hydration level, and time of training. Camp Roberts will also ensure adequate water, ice, medical staffing, and evacuation to support safe training. Unit commanders should consider controls such as setting clothing and water consumption standards, and also identifying and marking the uniforms of high-risk soldiers with tape or cord. Likewise, families should consider conducting their summer activities during the early morning, or early evening, when the temperature is cooler.

Step 4 -- Implement Controls. Once the risk management plan is developed, military leaders and parents should actively enforce those controls.

Step 5 -- Supervise & Evaluate. The last step is for military leaders and parents to monitor the situation, assess the controls, and adjust as needed.

Be safe.

JOHN F. SMITH
Colonel, U.S. Army
Post Commander



Army Values — Loyalty

Bear true faith and allegiance to the US Constitution, the Army, your unit, and other Soldiers.

"A soldier is the most trusted profession in America. Americans have trust in you because you trust each other."

Richard A. Kidd
Sergeant Major of the Army
(1991-1995)

Inside this issue:

Commander's Corner by COL John F. Smith	1
AT/FP	2
Announcements	3
Celebrating 65 Years—Camp Roberts Open House	4
Club Phoenix—Risen from the Ashes of "Club 50"	6
Museum: Camp Roberts' Most Fa- mous Private	7
Troop Services/POC Quick List Post Safety Officer Message	8

AT/FP

CPT (P) John Moran
Anti-Terrorism Officer
Camp Roberts

May/June has continued to be peaceful at MTC (H) Camp Roberts. Thus far our installation has been spared any terrorist or criminal incidents that could affect the lives and safety of our personnel, or the ability of this center to support training.

Continued vigilance is the word. All members of the Camp Roberts community are part of the safety net. Report anything that you see that appears suspicious.

Examples of incidents that are effecting other installations include the protests last week in

Olympia, WA, that resulted in the arrest of over 30 people. About 150 activists gathered to protest a military ship that arrived to take equipment to Iraq. Protesters chanted "Out of Olympia, Out of Iraq" as they rocked the chain-link gate so hard that it looked like it might give way. Sheriff's deputies used a loudspeaker to warn the group to back off repeatedly before they deployed pepper spray. As word spread that deputies dressed in riot gear were coming, several protesters tried to block an entrance into the port plaza.

Closer to home, a domestic terrorist cell (three members) has been arrested in the last month. Before their arrests, the three are alleged to have scouted the Nimbus Dam and nearby

fish hatchery on the American River near Sacramento, and the Forest Service's Institute of Forest Genetics near Placerville, in the foothills east of Sacramento. The three planned to act in the name of the Earth Liberation Front, a shadowy group of environmental extremists.

I personally detained an individual in the last few weeks that was taking photos of the installation from the Main Gate off-ramp with a telephoto lens. As it turned out, he was an off-duty sheriff's deputy that was taking art photos of the old barracks. Regardless, constant awareness is the correct posture for Force Protection.

Significant dates in June:

10 June – Usama bin Laden declares jihad against all US citizens worldwide (1998)

Military members can now take an online survey to help screen for mental health. The survey is available at www.militarymentalhealth.org. The online program, developed by a non-profit group called Screening for Mental Health, is divided into subsections addressing depression, post-traumatic stress, anxiety, bipolar disorder and alcohol abuse. It is free and confidential; participants are not asked for any details that would identify them.

TERRO~~ISM~~



Not Always an Airport Where the Army Needs to Go: Members of the 128th Quartermaster Company do their certification jumps over the Nacimiento Drop Zone.

Announcements



**MWR
Leisure Tours
and Tickets**

**Las Vegas Trips
Broadway Shows and Hornblower
Cruises in San Francisco
Professional Sports
Pinnacles Rock Climbing/Hike
White Water Rafting
and MUCH MORE**

**Contact ITT at Presidio of Monterey
831-242-5506/6133
or
www.pom-odr.com**



Meeting Room Available

The Multipurpose
Room in Bldg 6038 is
now available for
meetings, etc.

Contact the Billeting
Office, 68312, for
more info.



**Post your announcements and notices of goods
for sale, rent or give away here.
Send to Lisa Norris, Bldg 109, Camp Roberts,
(lisa.e.norris@us.army.mil) by the 25th of the
month.**



Camp Roberts Forming Relay Team!

Camp Roberts is forming its own Relay for Life Team to participate in the local overnight event being held August 19-20, at the Mid-State Fairgrounds in Paso Robles.

Relay for Life is a community gathering where everyone can participate in the fight against cancer. Relay team members take turns walking or running around a track at all times during the overnight event, symbolizing the fact that cancer never sleeps and neither must the fight.

Events begin with the "Survivors Lap," where cancer survivors demonstrate that cancer is survivable and that progress is being made in the fight against cancer. At sunset, hundreds of luminaria are lit to honor those lost to cancer, fighting cancer, and those who have fought cancer and won.

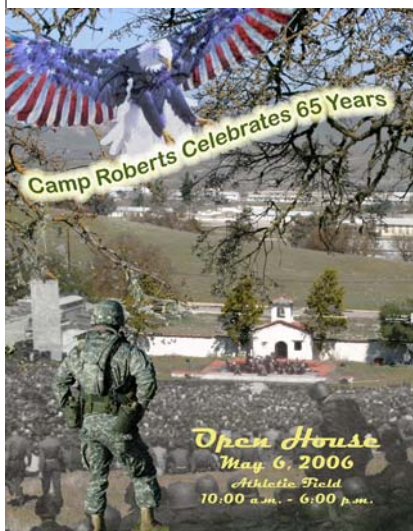
If you wish to become a member of "Team Camp Roberts," support a walker with a donation, or wish to honor a loved one who has been affected by cancer with a luminaria in their honor lease contact Bonnie Nelson at 68245 or Bob Tucker at 68345.



All Natural — Recently-completed Beautification Projects include landscaping at Bldg. 6037 (Billeting/Internet Café/Express Café)(above) and flowers and plants at the Cpl. Harold Roberts Memorial Wall (below). All landscaping is done with plants native to the area, resulting in minimal maintenance. The Bldg. 6037 landscaping project, which will have native plants added in the fall, is also functional, guiding rainwater toward the sewer, promoting proper drainage during the rainy season.



Celebrating 65 Years—The Camp Roberts Open House!



Over 1,000 Soldiers, family members and local citizens attended the first annual Camp Roberts Open House, celebrating 65 years of the Camp's service to State and Nation!



Fun



And More!



Food!



Celebrating 65 Years—The Camp Roberts Open House!



Getting to Know Us!



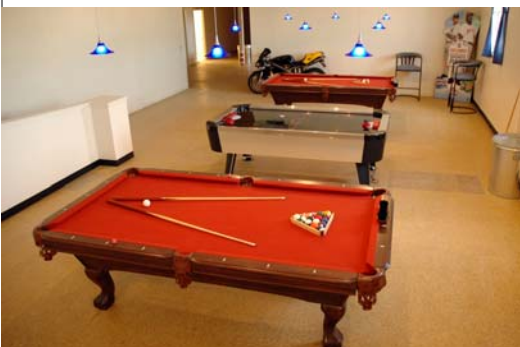
Soldier Support and Information!





Club Phoenix — Risen from “Club 50’s” Ashes

Soldiers and Staff at Camp Roberts now have a place to relax during lunch and off-hours — *Club Phoenix*.



Rack ‘em Up—Two pool tables and an air hockey table (l) prove to be favorites with many guests.



Tennis, Anyone?—Table tennis (r) is also available at Club Phoenix.

Once a bowling alley and SRP site, Bldg 6083 underwent an extensive interior remodeling and now houses an eating area, pool tables, air hockey table, poker table, PSP2 game room, ping-pong table room, a quiet room for reading, and a mini-theater.



Too Crowded Inside?—Relax outside at the umbrella-covered patio tables (l). Bicycles and other sporting gear are also available for use.



Check Yer Shootin’ Irons at the Door—Only friendly games allowed at this poker table (l).

Improve Hand-Eye Coordination—relax with the Playstation 2 system (r).



Club Phoenix replaces the former service club known as “Club 50” (after the American Legion Post that first met there), which was destroyed by fire in 2003.



Tragic Loss — Historic Club 50, Camp Roberts’ original service club, is lost to fire. Club Phoenix opened three years to the day later. (Camp Roberts Fire Department photo.)



Movies AND Meetings—Club Phoenix’s theater (above) has a video projection system and seating arrangement that also allows its use as a classroom/briefing room.

PVT. RICHARD “RED” SKELTON “CAMP ROBERTS’ MOST FAMOUS PRIVATE”

Gary McMaster, Camp Roberts Museum

On June 8, 1944, at age 30, Richard “Red” Skelton was inducted into the U.S. Army. Private Skelton reported for in-processing at Fort MacArthur, and following that he was sent to Camp Roberts for Basic Training. Then he was assigned to Battery F, 53rd Field Artillery Battalion for training as a field artilleryman at our Field Artillery Replacement Training Center in the 7000 Area--all of which is gone now. Red insisted on one condition with



the Army—he wanted to stay a Private the whole time!

He had already starred in more than a dozen motion pictures before he was inducted. He had entertained service men and women at many bases throughout the country, and had performed at President Franklin Delano Roosevelt's birthday party. His footprints were already in cement at Hollywood's Grauman's Chinese Theatre and his classic comedy phrase “I dood it!” had been painted on the nose of a bomber.

When he arrived at Camp Roberts, a fellow soldier—obviously an entrepreneur with a sense of humor—had tacked a note on his barracks door that read “Tour A Movie Star's Home—25 Cents!”

Soon Red was a principal member of the Camp Roberts Entertainment Troupe. The U.S. Army felt that he was far more valuable as an entertainer than as a combat soldier, so he spent a great deal of his time here tirelessly entertaining his fellow soldiers and boosting morale for those who would soon be facing the enemy in the War in the Pacific and on the European Front. He kept his fellow soldiers in stitches on and off the training field. Red now had little time for performing in films or radio, but his humor found no shortage of grateful fans. One Veteran who recently visited the Camp Roberts Museum, and was a trainee here at the same time, told us that soldiers used to actually stand in line to get on ‘KP.’ They knew that in

time Red would come in to eat and would invariably act up, doing pratfalls and other antics, and they would get a free show!

When Red's sergeant, who was from Texas, began boasting incessantly about how “big everything was in Texas,” Red got one of his crazy ideas. When the sergeant left his room, Red went in with some small turtles and laid them on the sergeant's bed. When the sergeant returned to his room, Red had gathered a crowd of fellow soldiers. The startled sergeant came in, looked at the turtles on his bunk and shouted, “*What the h--- is this?*” “*Good Lord,*” exclaimed Red at the top of his lungs, “*Texas bed bugs!*”

He used to take his buddies into town to hang out in the upstairs bar of the Paso Robles Inn. He liked Paso Robles so much that for several years he returned with his wife every year to stay at the Inn on their wedding anniversary. Many old-timers in Paso Robles to this day can tell you funny stories about his antics in town during the War.

During a short entertainment tour in Europe, Red got to hook up with his old artillery unit in Italy and fire a canon at the enemy. Unfortunately, he missed and hit a church. He was to say that he always felt bad about that!

After the war ended, he went back to radio, more films, and eventually starred in the long-running “Red Skelton Show” on television. He continued to make America and the world laugh with his inimitable characters, Junior (“the mean widdle kid”), Cauliflower McPugg, Willie Lump Lump, Sheriff Deadeye and Clem Kadiddlehopper.

If you want to learn more about this comedy legend and patriotic American, you can actually see him in his barracks area--just like it was then—recreated in the Camp Roberts Historical Museum Annex!



Troop Services

Postal Center	Bldg 108	68209	M-F 0800-1600	
Post Exchange	Bldg 6036	68195	T-F 1100-1800	Sat—upon request
Dry Cleaners	Bldg 6036	68195	T-F 1100-1800	Sat—upon request
Barber Shop	Bldg 6037	68102	POSTED	
Snack Bar	Bldg 6029	68120	M-F 0700-1400	
Laundry Trailer	Near Bldg 120	68195	24 hours	
Recreation Center	Bldg 6320	68101	POSTED	
Espresso-A-Go-Go	On Post	Mobile Truck	Daily 0700-0900	
Express Cafe	Bldg 6037	68CUP	Daily 0700-1500	
Fitness Center/Gym	Bldg 6033	68106	Daily 0600-2300	
Chapel	Bldg 6030	68185	POSTED	
Red Cross		877-272-7337	24 hours	
Family Assistance	Bldg 6038	68310	POSTED	805-896-4029 cell
Internet Cafe	Bldg 6037	68932	POSTED	
Museum	Bldg 114	68288	Th&Sat 0900-1600	
Fire Dept	Bldg 4050	68220	24 hours	Emerg only call 68911

POC QUICK LIST

Command	68202	Security	68190
Training/Operations	68206	Environmental	68332
Public Works	68217	Hunting/Fishing	68167
Logistics	68492	Billeting	68312
Personnel/Res Mgmt	68245	Family Support	68310
Info Mgmt	68390	MTC Orderly Room	68204
Fire Dept	68220	Mail Room	68209
Public Affairs	68308		

From the Camp Roberts Safety Office

Summer Safety

MAJ Staci Kato, Camp Roberts Safety Officer

Summer is almost here...and the Memorial Day weekend starts the summer season's outdoor activities and increased opportunities for relaxation and loss of situational awareness.

Directors and Supervisors, ensure you use the risk management process while briefing your personnel on safety issues affecting their home and outdoor activities. Whether swimming, barbecuing, traveling, engaging in water sports, outdoor activity or other family adventures, adequate planning can reduce the risk. Leaders, stress the hazards associated with failure to wear seatbelts, or use of alcohol or other controlled substances. Emphasize the importance of motorcycle riders wearing required personal protective equipment, reflective clothing to enhance visibility and being trained and licensed to operate the motorcycle.

Additionally, your safety briefs should include other concerns related to those hazards specific to your geographic areas. Be safe this summer!! (Reference: Army Safety Management Information System ASMIS-2, <https://crc.army.mil>, "tools").



Staff Call 1941? Members of the Paso Robles Model A Club park their "classy chassis" outside the Dining Facility during their April rally.



Cookie Monsters! Members of the 640th Aviation Support Battalion enjoy a Girl Scout cookie break. For the second year in a row, members of Girl Scout Troop 138, Atascadero, solicited donations from the local community during their annual cookie drive and drove them up to Camp Roberts for soldiers training here to enjoy. (Photo by Spc. Patrick Horton, 640th ASB.)

The Camp Roberts Trainer is a publication for Camp Roberts personnel and their families, as well as transient troops training on the installation. The proponent for this newsletter is the Camp Roberts Public Affairs Office. This is an unofficial publication, such views and opinions expressed in this publication are not necessarily those of the Department of the Army or the State Military Department. Comments and suggestions can be directed to the PAO at 68308 or lisa.e.norris@us.army.mil

COMMANDER'S, SENIOR NCO'S AND INSTRUCTOR'S GUIDE TO RISK MANAGEMENT OF HEAT CASUALTIES

RISK MANAGEMENT IS THE PROCESS OF IDENTIFYING AND CONTROLLING HAZARDS TO PROTECT THE FORCE.

Possible Outcomes of inadequate climatic heat management:

CASUALTY

Heat Cramps
Heat Exhaustion
Heat Stroke
Water Intoxication (Over Hydration)

RISK SEVERITY

Marginal
Critical
Critical-Catastrophic
Critical-Catastrophic

THE FIVE STEPS OF RISK MANAGEMENT ARE:

1

IDENTIFY HAZARDS

- H**igh heat category, especially on several sequential days
(Measure WBGT when ambient temperature is over 75° F)
- E**xertional level of training, especially on several sequential days
- A**cclimatization (and other individual risk factors – see table below)
- T**ime (length of heat exposure and recovery time)

Individual Risks for Heat Casualties (The more factors, the higher the risk)

- **Not acclimatized** to heat (need 10-14 days to get trainees adequately acclimated)
- Exposure to cumulative days (2-3 days) of any of the following
 - Increased heat exposure
 - Increased exertional levels.
 - Lack of quality sleep
- Poor fitness (Unable to run 2 miles in < 16 minutes)
- Overweight
- Minor illness (cold symptoms, sore throat, low grade fever, nausea, vomiting)
- Taking medications (either prescribed or over the counter)/ supplements/ dietary aids Ex: Allergy or cold remedies. Ephedra supplement
- Use of Alcohol in the last 24 hours
- Prior history of heat illness (any heat stroke, or >2 episodes of heat exhaustion)
- Skin disorders such as heat rash and sun burn which prevent effective sweating
- Age > 40 years

2

ASSESS HAZARDS

- When ambient temperature is over 75° F, constantly assess the **heat category** using Wet Bulb Globe Temperature (WBGT)
- Know your soldiers! Identify early who will be at increased risk based on **individual risk factors**.
- Check **hydration status** at the end of each training day. Give extra fluid at night and in the morning if hydration is inadequate.
 - Review Riley (water) card or Ogden cords
 - Ask about urine color. Urine is clear if well hydrated
- Daily **assess the overall risk** for developing a heat casualty (may use a risk matrix).

EXAMPLE OF A HEAT INJURY RISK MANAGEMENT MATRIX

Scores assigned to different conditions based on risk for developing a heat injury.
This scoring system: 0= Low risk; 1=Medium risk, 2=High risk; 3=Extreme risk

RISK FACTORS	Level of Risk (For each Factor Circle the Appropriate Condition)			
	0	1	2	3
Risk Management Worksheet	All control measures implemented			Not all control measures implemented
Heat (WBGT at site)	None (Less than Category 1)	Category 1	Category 2 and 3	Category 4 and 5
No. Sequential Days Heat Cat 5	0	1	2-3	≥4
Any Heat Injuries in the Past Two Days	None	Heat Cramps	Heat Exhaustion	Heat Stroke
Work in Past Two Days (see below)	Easy	Easy or Moderate	Moderate or Hard	Hard
Projected Work for the Present Day	Easy	Easy or Moderate	Moderate or Hard	Hard
Heat Acclimatization Days	>13	7-13	3-6	<3
Leader/Cadre Presence	Full time	Substantial	Minimal	None
Length of Duty Time of Cadre	18 Months	7-18 Months	1-6 Month	< 1 Month
Communication System	Radio and Phone	Phone Only	Radio Only	None
Rest in Previous 24 Hours	> 7 Hours	5-7 Hours	2-4 Hours	< 2 Hours

A cumulative score of 25-33 means extreme risk, 16-24 means high risk, 7-15 means medium risk, and 0-6 means low risk.

EASY WORK	MODERATE WORK	HARD WORK
<ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony 	<ul style="list-style-type: none"> • Walking Loose Sand at 2.5 mph, no Load • Walking Hard Surface at 3.5 mph, < 40lb Load • Calisthenics • Patrolling • Individual Movement Techniques. i.e. low crawl, high crawl 	<ul style="list-style-type: none"> • Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults

3

DEVELOP CONTROLS

Education

- Establish SOPs. Ensure all personnel are trained and follow SOPs for Heat Casualty Prevention.
- Ensure all bulletin boards have Heat Casualty Prevention posters and all leaders have Heat Casualty Prevention aids.

Planning

- Adjust the training schedule to minimize consecutive days of heavy physical training, especially if other heat stressors exist (eg. heat exposure and lack of quality sleep)
- Plan communications, medical and evacuation support.
- Plan and provide adequate hydration for *all* personnel (including Cadre and Drill Instructors).
- When planning training events, keep in mind:
 1. Time of day the training is conducted – morning is cooler
 2. Location of training
 - Sun vs. shade. Rest in shade.
 - Open vs. protection from wind - wind has cooling effect
 - Open up the formation to decrease heat strain.
 3. Clothing
 - Heavy, restrictive vs. loose, lightweight
 4. Where in training cycle
 - Most Heat Casualty occur in the 2nd or 3rd week of Recruit training.
 - Acclimatization can take 7-14 days, depending on the physical condition of the trainee.
- After moderate to hard work in heat category ≥ 3 ; take cold, nude showers at the end of the day.

Identification

- Identify previous heat exhaustion or heat stroke soldiers and mark visibly on uniform (tape or cord).
- Identify overweight soldiers and soldiers who are unfit.
- Identify soldiers on medications and mark visibly on uniform (tape or cord).
- Seriously consider taking soldiers out of training who have had alcohol within the last 24h. Seriously consider having ill soldiers seen on sick call.
- Note and document heat category hourly. Position WBGT at site of training.

Develop a Hydration Monitoring System

- Examples of monitoring methods:

- Riley (water) card

WATER CONSUMPTION TABLE			
Heat Category	Easy Work	Moderate Work	Hard Work
	Amount to Drink Qt/Hr (one canteen = 1QT)		
1	½	¾	¾
2	½	¾	1
3	¾	¾	1
4	¾	¾	1
5	1	1	1
Do not drink more than 1½ qts per hour or 12 qts per day. Eat meals! Important for sodium and other electrolytes.			

Name: _____							
Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
0600-0800							
0800-0700							
0700-0800							
0900-1000							
1000-1100							
1100-1200							
1200-1300							
1300-1400							
1400-1500							
1500-1600							
1600-1700							
1700-1800							
1800-1900							
1900-2000							
2000-2100							
2100-2200							

On the back of card: (Battle buddy is to write the amount of water the soldier has drunk).

- Ogden Cord is 550 cord, parachute cord or shoestring that is tied to a uniform buttonhole or ear protection case. Soldiers tie a knot in the cord each time they finish a canteen (1 quart) of water.



DEVELOP CONTROLS CONTINUED

Know Standardized Guidelines for Warm Weather Training Conditions

Fluid Replacement and Work/Rest Guide

Acclimatized (after approx two weeks training) Wearing BDU, Hot Weather

Heat Category	WBGT Index, (F°)	EASY WORK		MODERATE WORK		HARD WORK	
		Work/Rest	Water Intake (Qt/h)	Work/Rest	Water Intake (Qt/h)	Work/Rest	Water Intake (Qt/h)
1	78-81.9	NL	½	NL	¾	40/20 min	¾
2 (Green)	82-84.9	NL	½	50/10 min	¾	30/30 min	1
3 (Yellow)	85-87.9	NL	¾	40/20 min	¾	30/30 min	1
4 (Red)	88-89.9	NL	¾	30/30 min	¾	20/40 min	1
5 (Black)	> 90	50/10 min	1	20/40 min	1	10/50 min	1

- The work-rest times and fluid replacement volumes will sustain performance and hydration for at least 4 h of work in the specified heat category. Fluid needs can vary based on individual differences ($\pm \frac{1}{4}$ qt/h) and exposure to full sun or full shade ($\pm \frac{1}{4}$ qt/h).
- NL= no limit to work time per hour.
- Rest means minimal physical activity (sitting or standing), accomplished in shade if possible.
- CAUTION:** Hourly fluid intake should not exceed 1½ quarts.
- Daily fluid intake **should not exceed 12 quarts.**
- If wearing body armor add 5°F to WBGT in humid climates
- If wearing NBC clothing (mission-oriented protective posture (MOPP 4)), add 10°F to WBGT index for easy work, and 20°F to WBGT index for moderate and hard work.

Easy Work = Walking hard surface 2.5 mph <30# load, Weapon maintenance, Marksmanship training

Moderate Work = Patrolling, Walking sand 2.5 mph no load, Calisthenics

Hard Work = Walking sand 2.5 mph w/load, Field assaults

Continuous Work Duration and Fluid Replacement Guide

Acclimatized (after approx two weeks training) Wearing BDU, Hot Weather

It is assumed the trainees performing these continuous effort tasks have not yet had heat stress or dehydration prior to this activity and will have hours of rest afterwards.

Heat Category	WBGT Index, (F°)	EASY WORK		MODERATE WORK		HARD WORK	
		Work (min)	Water Intake (Qt/h)	Work (min)	Water Intake (Qt/h)	Work (min)	Water Intake (Qt/h)
1	78-81.9	NL	½	NL	¾	70	1
2 (Green)	82-84.9	NL	½	150	1	65	1 ¼
3 (Yellow)	85-87.9	NL	¾	100	1	55	1 ¼
4 (Red)	88-89.9	NL	¾	80	1 ¼	50	1 ¼
5 (Black)	> 90	180	1	70	1 ½	45	1 ½

- NL can sustain work for at least 4 hours in the specified heat category.
- Fluid needs can vary based on individual differences ($\pm \frac{1}{4}$ qt/hr) and exposure to full sun or full shade ($\pm \frac{1}{4}$ qt/hr).

4

IMPLEMENT CONTROLS



Decision to accept risk is made at the appropriate level

- Made in accordance with appropriate MACOM regulation



Identified controls are in place

- Update WBGT hourly when ambient temperature is $\geq 75^{\circ}\text{F}$.
- Adhere to work/rest cycle in high heat categories. Rest in shade.
- For tasks requiring continuous effort, adhere to guideline and allow extended rest afterwards.
- Training event incorporates good prior planning.



Monitor and enforce hydration standard

- Encourage frequent drinking, but not to exceed **1 ½** quarts per hour or **12** quarts per day. Make water more palatable, if possible, by cooling.
- Do not allow soldiers or trainees to empty canteens to lighten load (consider imposing a penalty in timed events).
- Ensure soldiers are well hydrated before training. Ask about urine; urine is clear if well hydrated.
- Check Riley (water) card or Ogden Cord frequently.



Monitor and enforce eating of meals

- Ensure all meals are eaten during the meal break
- Ensure adequate time to eat and drink meals
- Table salt may be added to food when the heat category is high. Salt tablets are *not* recommended



Execute random checks

- Spot checks by Cadre, Senior NCO's, and Drill Instructors
- Enforce battle buddy checks – need to be aware of each other's eating, drinking and frequency of urination
- Plan placement of leaders to observe and react to heat injuries in dispersed training



Follow clothing recommendations

- Heat category 1-2: no restrictions
- Heat category 3: Unblouse trouser legs, unbuckle web belt
- Heat category 4-5:
 - Unblouse trouser legs, unbuckle web belt
 - Remove t-shirt from under BDU top or remove BDU top down to T-shirt (depends whether biting insects are present)
 - Remove helmets unless there are specific safety reasons to keep them on (ex: range).
- MOPP 4: Add **10°F** to WBGT index for easy work, and **20°F** to WBGT index for moderate to hard work.

5

SUPERVISE & EVALUATE

- Enforce SOPs
- Delegate responsibilities to ensure control measures have been implemented
- Monitor adequacy/progress of implementation of control measures
- Conduct spot checks of cadre. Do cadre have current WBGT? Are cadre implementing work/rest/drink cycles? Make on-the-spot corrections. Lead by example.
- Conduct spot checks of recruits. Ask recruits questions while observing their mental status and physical capabilities. Look out for common signs and symptoms which can rapidly progress to serious signs and symptoms.
- If 1-2 recruits become heat casualties, stop all training and evaluate each soldier for early signs and symptoms of becoming an impending heat casualty.
- When controls fail, heat injuries occur. The ability to recognize heat injury is paramount. Take immediate action if any heat injuries are observed or suspected. Stop-rest-cool then evaluate in accordance with warning signs and symptoms. If in doubt, evacuate.

WARNING SIGNS AND SYMPTOMS OF HEAT CASUALTY AND WATER INTOXICATION

Indications of possible Heat Casualty

More Common Signs / Symptoms

- Dizziness
- Headache
- Nausea
- Unsteady walk
- Weakness or fatigue
- Muscle cramps

Immediate Actions

- Remove from training
- Allow casualty to rest in shade
- Loosen clothing
- Take sips of water
- While doing the above, call for Medic evaluation of the soldier (Medic will monitor temperature and check for mental confusion)

If no medic is available call for ambulance or Medevac

Serious Signs / Symptoms

- Hot body, high temperature
- Confusion, agitation (Mental Status Assessment)
- Vomiting
- Involuntary bowel movement
- Convulsions
- Weak or rapid pulse
- Unresponsiveness, coma

Immediately call Medevac or ambulance for emergency transport while doing the following:

- Lay person down in shade with feet elevated until Medevac or ambulance arrives
- Undress as much as possible
- Aggressively apply ice packs or ice sheets
- Pour cold water over casualty and fan.
- Give sips of water while awaiting ambulance (if conscious)
- Monitor airway and breathing until ambulance or Medevac arrive

Indications of possible Water Intoxication (Over Hydration)

Signs and Symptoms

Confusion
Weakness
Vomiting

What to do:

Ask these questions to the soldier or battle buddy:

1. Has soldier been eating? Check rucksack for # of MRE's left.
2. Has soldier been drinking a lot? (suspect water intoxication if soldier has been drinking constantly).
3. How often has soldier urinated? (frequent urination seen with water intoxication; infrequent urination with heat illness)
4. What color is urine (clear urine may indicate over hydration)

If soldier has been eating, drinking and urinating a lot, yet has these symptoms, **immediately call Medevac or ambulance for emergency transport**

Mental Status Assessment

An important sign that the soldier is in a **serious life-threatening** condition is the presence of mental confusion (with or without increased temperature). Anyone can do a mental status assessment asking some simple questions.

Call for emergency Medevac or ambulance if any of the following exist:

What is your name?

(Does not know their name.)

What month is it? What year is it?

(Does not know the month or year.)

Where are we/you?

(Does not know the place where they are at.)

What were you doing before you became ill?

(Does not know the events that led to the present situation.)

HOT WEATHER CASUALTIES AND INJURIES CHART

- Train commanders and soldiers on heat injury prevention and heat risk assessment
- Remember the acronym **H-E-A-T** when training in hot weather
(**H**: heat category; **E**: exertion level; **A**: acclimatization; **T**: time of heat exposure and recovery time)
- Follow recommended fluid replacement guidelines and ensure nutritional requirements are met

HOT WEATHER INJURIES AND CASUALTIES

Cause	Symptoms	First-Aid	Prevention
Sunburn			
<ul style="list-style-type: none"> • Exposure of skin to direct sun • Can occur on overcast days 	<ul style="list-style-type: none"> • Red, hot skin • May blister • Moderate to severe pain • Can result in fever 	<ul style="list-style-type: none"> • Move to shade; loosen clothing if necessary • Apply cold compress or immerse in cool water • Apply moisturizing lotion to affected areas • Hydrate with fluids • Administer analgesics for pain or fever • Do not break blisters 	<ul style="list-style-type: none"> • Adequate sun protection • Use sunscreen liberally and apply often, especially when sweating excessively • Select SPF 15 or higher • Proper wear of clothing, cap
Heat Rash (Prickly Heat)			
<ul style="list-style-type: none"> • Restrictive clothing • Excessive sweating • Inadequate hygiene • Causes heat intolerance if 20% of skin affected 	<ul style="list-style-type: none"> • Red, itchy skin • Bumpy skin due to blocked pores • Moderate to severe itching • Can result in infection 	<ul style="list-style-type: none"> • Apply cold compress or immerse in cool water • Keep area affected dry • Control itching and infection with prescribed medications 	<ul style="list-style-type: none"> • Proper wear of clothing • Shower (nude) after excessive sweating
Heat Cramps			
<ul style="list-style-type: none"> • Excessive loss of salt from body due to excessive sweating • Not acclimatized to hot weather 	<ul style="list-style-type: none"> • Painful skeletal muscle cramps or spasms • Mostly affects legs and arms 	<ul style="list-style-type: none"> • Replace salts • Sit quietly in the shade or cool area • Massage affected muscle • Drink oral rehydration package or sports drink • Drink 0.05 to 0.1% salt solution (add ¼ of MRE salt packet to 1 quart canteen) • Get medical evaluation if cramps persist 	<ul style="list-style-type: none"> • Eat all meals to replace salt • Consume salt-supplemented beverages if adequate meals have not been consumed prior to prolonged periods of heavy sweating • Ensure adequate heat acclimatization
Heat Exhaustion			
<ul style="list-style-type: none"> • Body fatigue and strain on heart due to overwhelming heat stress • Dehydration (see below) • Inadequate acclimatization • Inadequate physical fitness for the work task • Most common exertional heat illness 	<ul style="list-style-type: none"> • Dizziness • Fatigue • Weakness • Headache, nausea • Unsteady walk • Rapid pulse • Shortness of breath 	<ul style="list-style-type: none"> • Initiate active cooling by best means available. • Move to shade and loosen clothing • Lay flat and elevate feet • Spray/pour water on soldier and fan for cooling effect or use ice sheets around neck, arm pits and groin, if available • Monitor with the same (one) instructor or supervisor • Assess soldier's mental status every few minutes • Have soldier slowly drink one full canteen (quart) of cool water every 30 minutes with a maximum of 2 canteens • If not improved in 30 to 60 minutes, evacuate for further medical care • NOTE: Those who recover within 60 minutes should return to light duty on a profile for the remainder of the day 	<ul style="list-style-type: none"> • Allow for acclimatization • Monitor WBGT • Keep soldiers in shade whenever possible • Follow water replacement guides • Observe work-rest cycles • Identify high risk individuals • Maintain buddy system • Eat all meals in garrison and field • Do not take dietary supplements • Modify uniform accordingly • Teach early recognition of symptoms • Recognize cumulative effect of sequential hot days • Reevaluate training mission if several mild heat injuries occur
Heat Stroke			
<ul style="list-style-type: none"> • Prolonged exposure to high temperatures • Cumulative heat stress due to repetitive activity in hot environment • Failure of body's cooling mechanisms • Prolonged and overwhelming heat stress • Predisposing factors such as sickness, poor health or certain medications 	<ul style="list-style-type: none"> • Any of above symptoms, but more severe • Nausea, vomiting • Altered mental status with agitation, confusion, delirium, disorientation • Elevated temperature, usually above 104° F • Can progress to loss of consciousness, coma, and seizures 	<ul style="list-style-type: none"> • This is a medical emergency and can lead to death! Evacuate soldier to a medical facility immediately! • Begin cooling aggressively! Body temperature that does not go below 100° F with active cooling or ANY mental status changes calls for immediate evacuation. • Initiate measures for heat exhaustion • Apply ice packs or iced sheets • Assess soldier's mental status every few minutes • If conscious, give sips of cool water while waiting for evacuation or ambulance • Do not give water to unconscious soldier • If possible, measure body temperature • Monitor airway and breathing • If medic or CLS is present, start intravenous (IV) fluids but limit to 500 ml NS or LR • Continue cooling process during transport (until body temperature reaches 100° F) 	<ul style="list-style-type: none"> • Follow measures for heat exhaustion • Plan medical support for heat intensive operations • Ensure appropriate Evacuation capabilities available • Ensure Preventive Medicine personnel and measures are in place
ADDITIONAL MEDICAL CONSIDERATIONS IN THE HOT WEATHER ENVIRONMENT:			
Dehydration			
<ul style="list-style-type: none"> • Depletion of body fluids and possibly salt 	<ul style="list-style-type: none"> • Dizziness • Weakness and fatigue • Rapid pulse 	<ul style="list-style-type: none"> • Replace lost water and salt • Water should be sipped, not gulped • Get medical treatment 	<ul style="list-style-type: none"> • Drink 3-6 quarts of fluid per day • Follow fluid replacement guidelines • Consume full meals and drink at mealtime • Do not take dietary supplements
Over Hydration (Hyponatremia)			
<ul style="list-style-type: none"> • Over hydration or water intoxication • Decreased meals or dieting • Loss of body salt • Misdiagnosis and treatment for dehydration 	<ul style="list-style-type: none"> • Confusion • Weakness • Nausea, vomiting 	<ul style="list-style-type: none"> • Replace salt loss • Follow measures for heat exhaustion • If symptoms persist or become more severe with rehydration, immediate evacuation 	<ul style="list-style-type: none"> • Follow fluid replacement guidelines • Replace lost salt by consuming meals and sports drinks, as directed. • Provide snacks or carbohydrate electrolyte beverage during long training events • Do not take dietary supplements